

**Taunton Deane Swimming**

**Squad Pack: AGE POTENTIAL**

**[www.tdswim.co.uk](http://www.tdswim.co.uk)**

## **Squad Pack**

- Sessions and times
- What is expected in the group
- Squad Equipment
- Land Training
- What the next step is and what is required to do that
- Squad Manager
- Log Book

# SESSIONS

Potential Squad train a total of 8 hours per week in the pool.

\*This squad have the opportunity to be invited to attend morning training with the Squad.

Potential			
Coach	Maggie Fear		
Pool	Day	AM	PM
Taunton School	Monday	5:45-7:15*	
James St			1800-1930
Taunton School	Tuesday	5:45-7:15*	
James St	Wednesday		1930-2100
Taunton School	Thursday	5:45-7:15*	
Kings			1900-2030
Taunton School	Friday	5:45-7:15*	
James St			1700-1830
James St	Saturday	0800-1000	

## **Extra Sessions:**

Extra Sessions will be offered to those who are both committed and working towards achieving district standards as judged by the squad coach and head coach.

## **Taunton School**

Male swimmers should use changing room A.

Female swimmers should use the area where the lockers are in the girls changing rooms.

Taunton School sports club members use this facility at the same time as the club are using it and as such the highest behavioural standards must be maintained. Anyone failing to do this will be banned from the facility at the request of Taunton School Sports Club.

The school has a secure door on entry to the pool. Please do not obstruct this door from closing under any circumstance. The club have a card that hangs by the door to gain exit.

## **King's College:**

Any damage to the facility in any capacity will result in the pool being removed from club use. On entry to the facility any damage/faults or other issues should be reported before getting changed to the Coach, Squad Rep or parent. Vandals will be dealt with severely.

## **Squad Expectations**

- Swimmers are expected to attend all sessions
- Swimmers must work to the highest standards meeting the requirements within the squad guidelines.
- Swimmers should work well and intelligently in every session
- Swimmers are expected to compete fully at County Championships and represent the club when requested

## **Equipment**

In addition to essential equipment swimmers should own:

Kick Float and Pull Buoy  
Hand paddles  
Fins (short fins)  
Stretch Chords (for shoulder stability)

Swimmers will also be given a session recorder to be used during sessions to record heart rates, splits and any other relevant information.

Equipment can be ordered through the club and information for this is on the notice board and website [www.tdswim.co.uk](http://www.tdswim.co.uk).

## **Land Training**

Squad do a 1 hour circuit session on Friday evenings at Millfield following on from the swim session.

Swimmers are required to do 3-4 hours of land work per week. This will help strengthen important areas of the body to aid training and help prevent injury.

Swimmers are encouraged to complete 15 minutes of loosening off, core strength and shoulder stability work before entering the pool on time.

This is important not only to prepare for the swim session but also to build up important muscles in the shoulders and core body that will help prevent injury.

The following exercises should be done at the start of every swim session:

2 sets of 10 on  
Rotator cuff external rotation  
Rotator cuff internal rotation

1 minute hold on  
Plank shoulder holds  
Hip Raise

## **Next Step**

Potential Squad is one step away from the top Squad.

Should swimmers decide they no longer wish to train at such a level they may ask to be moved to another less intense group.

## **Promotion**

### **Age Group Potential & Youth Potential to Squad**

#### **Entry to Squad**

##### Route 1

Automatic Entry will be given to those who obtain:

National Qualifying Times at 12yrs of AGE or older.

3 x 200m regional qualifying times at 13yrs  
Regional medallist in 3 events at 12yrs

Youth Potential swimmers must achieve a regional youth 200m qualifying time.

### Route 2

Consideration will be given to those who:

At 13yrs of age have a regional qualifying time.  
Demonstrate good skills and training ethic.

### **EXIT ROUTES**

Should Route 1 not be achieved and the swimmer is not considered for Route 2 promotion to squad, swimmers will be considered to move to Youth Potential providing they have achieved the A or B consideration times at 13 years of age.

(A Times- Regional times + 15% for 200m events and +12.5% for 100m events)

12yrs A TIME	12yrs B TIME	13yrs A TIME	13yrs B TIME	Event	12yrs A TIME 12yrs	12yrs B TIME	13yrs A TIME	13yrs B TIME
1.16.38	1.29.0	1.11.55	1.22.0	100 frontcrawl	1.15.94	1:26.5	1.13.01	1.24.0
2.46.17	3.00.0	2.38.93	3.00.0	200 frontcrawl	2.51.48	3.12.0	2.41.55	3.01.0
1.28.09	1.40.0	1.23.13	1.36.0	100 backstroke	1.29.21	1.40.0	1.25.83	1.36.0
3.12.85	3.35.0	3.02.50	3.26.0	200 backstroke	3.09.29	3.30.0	3.04.11	3:26.0
1.38.55	1:49.5	1.32.95	1.43.0	100 breaststroke	1.39.66	1.52.0	1.36.52	1.48.5
3.38.5	3.58.0	3.26.65	3.40.0	200 breaststroke	3.32.75	3.53.0	3.27.11	3.50.0
1.26.06	1.39.5	1.21.00	1.35.0	100 butterfly	1.27.52	1.40.0	1.24.37	1.35.5
3.14.46	3.42.0	3.03.19	3.30.0	200 butterfly	3.12.05	3.35.0	3.09.75	3.30.0
3.10.09	3.35.0	3.01.47	3.28.5	200 Ind medley	3.11.7	3.34.0	3.06.07	3.27.0

Should the swimmer not achieve these times then it is likely the exit route from Age Potential will be to a recreation group.

### **Swim Meets**

Swimmers should be competing in a range of events.

Swimmers should liaise with coaches when entering meets with regards to the entries. (meet packs will have guidelines)

Swimmers should compete at all the meets advertised for that squad in advance where possible.

Every swimmer should support the club by competing fully at Somerset County Championships.

National Qualifiers and Western County Qualifiers, unless under exceptional circumstances, should be competing fully at these meets.

Swimmers should co-operate with club staff.

Swimmers should remain with the team throughout the event, unless permission is given to go to another area, and this includes seeing parents/guardians. Parents should not approach coaches during sessions, or in front of any swimmers.

The coach shall make the decision to withdraw swimmers from events. If a swimmer enters the swim they are expected to swim it, and any resulting final unless under special circumstances. No

one else shall withdraw swimmers from events. If injured the swimmer shall be withdrawn from any following swims.

### **Away Meets**

Swimmers must be respectful to others at all times, this includes team members, other swimmers, other people staying within accommodation, coaches, chaperones and team managers.

Any special dietary requirements medication etc should be notified to team staff in advance in the appropriate forms. Staff must be informed if swimmers can self regulate or not.

Should misbehaviour or any other disciplinary problem occur at an Inter club, County, District, Open or National Event. Or during the Journey to or from such an event, the team manager, head coach or appointed deputy shall deal with such an occurrence as they feel appropriate, bearing in mind the spirit of the clubs disciplinary code. Any action will be reported to the next management committee. Members aggrieved by this may appeal in writing to the management committee.

### **Squad Manager**

The role of the squad Rep is to convey information from the club to the swimmers and or parents. Swimmers are expected to hand back the information, should it be required, to the squad manager.

Meet entry information should be returned to the rep within the allotted time period.

The current squad manager for Potential Squad is Sarah Wilson and assisted by Nick and Susan Clarke.

### **Log Books**

Each swimmer should have a logbook. The logbook is used to record the activities of the swimmer. It can be a simple pad and folder or an elaborate file.

It should contain the content of any training session (swim and land).

The volume in metres of the day and the week.

Resting heart rate.

The max heart rate of the session.

What the swimmer thought of the training session and their performance in it.

Height and Weight should be recorded in it each week.

Information should be entered every day, even on rest days. It should be used as a diary for the swimmer recording any thoughts feelings, changes, injuries as well as moans groans and good things.

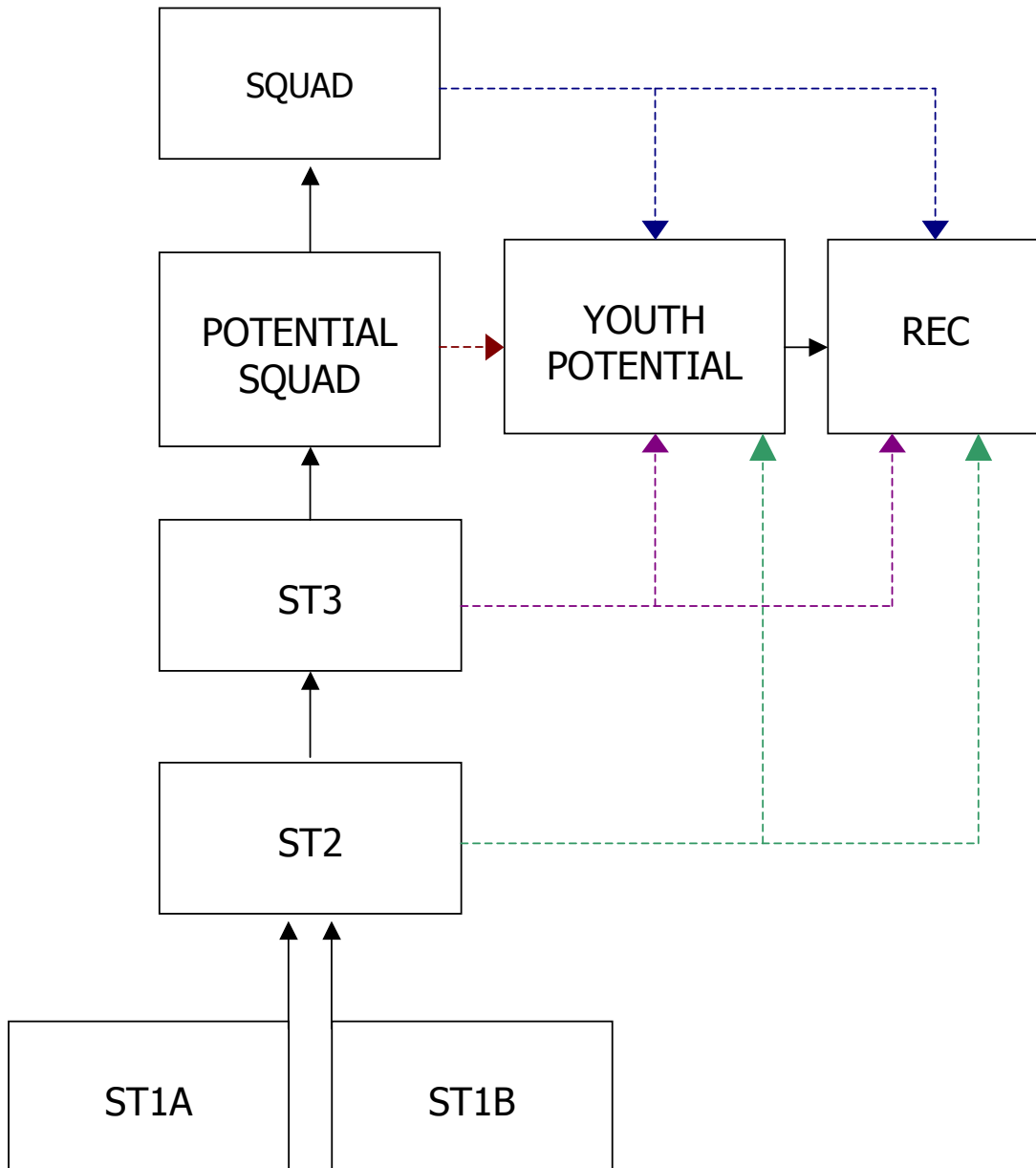
The next page has useful addition to help you record all the information.

Day	Resting Pulse	Daily Volume	Weekly Volume	Sleep	Stress	Fatigue	Muscle Soreness	Comments
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Mon				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Tue				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Wed				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Thu				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Fri				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sat				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Sun				1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

**Notes :**

- a. Scale - 1 = Good 5 = Bad
- b. This MUST be completed by YOU. It is YOUR record of how YOU perceive YOU feel
- c. Resting pulse taken as soon as you wake - 30 secs then double it. Do not record if you wake suddenly
- d. Sleep - indicates length and quality of sleep. (Note sleep before midnight is better than after - reasons unknown)
- e. Stress - measure of the mental pressure in your life
- f. Fatigue - measure of general physical tiredness
- g. Muscle Soreness - relates to specific localised soreness in muscles (Are they sore to touch?)
- h. Comments - include general feeling for day, other relevant info, competition details etc.

# SWIMMING GROUPS AND MOVEMENTS



Progression through the groups can be located in the individual squad packs.